



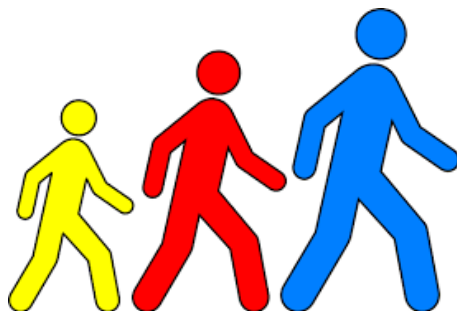
# Step By Step

**A free walking group for people who have used the LIFT Psychology Service**



Meets every Tuesday at 10:30 for first timers, 10:45 if you've been before, in LIFT Psychology for a 40-60 minute walk with teas/coffee at the end

A great way to make new friends and get active at the same time!



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